

## ABSTRACT

An object of the present invention is to improve convenience of a recording medium and improve efficiency of a reading and a writing process. Audio annual ring data, video annual ring data, low-resolution annual ring data, and meta annual ring data extracted from data series of metadata, an audio file, a video file, and low resolution data are written to a free space on an optical disk in order of a body, a footer, and a header in order to improve the convenience of the recording medium by enabling a quick edit process, for example, and improve the efficiency of the reading and writing process by preventing occurrence of an unnecessary writing process. The present invention is applicable to disk apparatus for recording video data or audio data.